

NOTES AND COMMENTS

Official denials from Germany that the recent orders regarding the food supply signify an actual scarcity are not altogether convincing. It may be merely the part of wisdom to restrict consumption rather severely. But such a course is certain to arouse discontent, and a Government would hardly venture upon it were it not imperative. If, as is said, the means of subsistence for the civilian population are just as abundant as they have been for the last fourteen months, why should such rigid rules be promulgated? The excuse for the Zepelin raids on England has been that an attempt to starve Germany was being made by the blockade of the German ports; a "hunger war" the Germans call it. Since the cutting off of the supplies has always been regarded as a legitimate feature of warfare, the extremity of the bitterness against the blockaders suggests that in this case the work has been done successfully. If the British submarines have really gained that control of the Baltic which is credited to them, so that intercourse with Sweden is seriously interrupted, there might easily be something approaching famine among large classes of the German people. The reference to the potato crop is not reassuring.

There is, moreover, direct evidence that the situation is more alarming than the German Government would have the world believe. Why the newspapers are allowed under a strict censorship to reveal the facts so frankly is something of a mystery. But when the Frankfurter Zeitung says that "the sinister aspect of things certainly provides no food for laughter," and explains the growing hatred of England by this fact; when Maximilian Harden, of the Zukunft, admits that the German people are in distress; and when the explanations of mere providence for the future needs have a hollow sound, "Can we hold out?" asks the Neue Zeitung, of Strassburg. Such a question must strike a chill to a nation which has been so often and again that defeat is impossible. Of what avail is it to hold the western front, to take Poland and press far into Russia, to endeavor or to force a road to Constantinople, if the ring of enemies can keep all supplies out of Germany itself? It is futile to boast of military victories, to talk of Meiklesheim versus Mahan, while the great storehouses of the neutral nations are barred by the sea power of the enemy.

Since the efforts of Germany to win by a rapid stroke have failed, it has been plain that the war was likely to be one of endurance. It was, therefore, a sound strategy to make every German advance costly in men and at the same time to sweep German commerce from the seas. It has been said that an army marches on its belly, and there are no indications so far of any failure of supplies, either food or ammunition, for either German army. But it cannot be fed while the people starve. Such a policy, if a Government were inhumane enough to pursue it, would mean revolution. Unless, therefore, the cries of distress, which in Germany are insincere, which is hardly a reasonable supposition, the country is now in a perilous condition—one that must have a great, perhaps a determining influence upon the military situation in the near future.

WHAT DRIVES MAN TO DRINK.

The Literary Digest, September 18, 1915, has an article, the first sentence of which reads, "The impulse to drunkenness is disease." After pointing out that men drink for various reasons, it says that those who "drink to get drunk are abnormal; they are diseased." This fact has been brought out distinctly in the psychopathic laboratory of the Chicago Municipal Court. Judge Olson of the Court says, "We have yet to find the first case of the kind where there is not a tendency to epilepsy, dementia praecox, manic insanity, or some other feeble-mindedness." All this means that the man who frequently gets drunk is of unsound mind and should be so treated. In Kansas they send chronic drunkards to an asylum for the insane. In Ohio they have an institution to which the habitual drunkard may be sent by the judge on compulsion by the friends until he is considered cured. I knew a clever young man who went to an asylum and begged the Superintendent to take him in for a year till he would have a chance to break off. There are many such pitiful cases for which there is no provision made, in spite of the revenue from the traffic that uses it.

It is a serious reflection on our civilization that there is no provision made for this class, most of them the victims of the license system. We see such men going down for years, beggaring their families and becoming a nuisance and often a menace to society, and little or nothing is done to help them. They sometimes try desperately to break off, but what hope in the presence of the open barroom and the treating custom? The physician is not allowed to send them to any institution unless he is very rich. There is neither hope nor help for him till he becomes insane or commits a crime. But what caused this diseased condition? "The cause, less than not come." Statistics generally point to a drinking father or grandfather. He is probably ignorant of the fact that his drinking would injure his children and grandchildren.

Then, for God's sake help us to spread this truth far and wide that the sins of drinking parents are visited on the children and grandchildren.

H. ARNOTT, M.B., M.C.P.S.

What is the difference between a visit and a visitation? "Well, when your pretty young son comes to see you that's a visit. When your mamma comes and stays a month that's a visitation."

HEALTH

Keeping the Old Folks Well.

It is not too early for old people who live in the north temperate climate to prepare for the trying times of late February and March and early April. "Pulling through another winter," is an expression that we often hear, and that is really expressive. The first snow of winter brings pleasant memories, and satisfaction in the warmth and protection of the house. Then gradually, as the long weeks pass, physical movement diminishes, and life shrinks a little in the mind and in the heart. Some measure of depression comes on, and the body, in response, reacts downward into lowered vitality. Sedentary habits increasingly prevail; ventilation is often neglected, temperatures within the house are too high, and neither rooms nor inmates get sunlight enough; consequently dust and germs increase. Then come the thaws and the sudden release of decaying refuse, the sharp freeze and the north wind in the night. Old age lacks reserves of resistance. Every moderate shock or change brings increasing reaction. Many of the shocks may be avoided. Many others, however, must be met, and the best defence is maintained resistance and a trained hardihood against which the inevitable weather or trouble will buffet harmlessly and go its way. That condition can be gained by keeping atop of the season, unremitting and more alive in more directions, as day by day the winter advances.

As both prevention and cure, walking comes first in value. Old people should walk, in occupation preferably; but it is, of course, better to walk merely for exercise than to stay in doors. If they are rarely kept in by the weather they will be heartened by their own dauntlessness, cheered by praise of it at wayside greetings, and strengthened with the feeling of doing something and of being "out and about." They will take deeper breaths, the blood will clear out congested areas, stiffened arteries will strengthen, digestion improve, and the defensive heat-adjusting mechanism gain in training. The aged who cannot get outdoors can find benefit in walking and stretching in rooms that are being aired, or on roofs and balconies.

If the old people of the family are feeble, it is the duty of the younger members of the household to lead them forth on pleasant walks, and to see that they do not stay too close to the fireside when the tingling frost is waiting just outside to bring a healthy glow to their faces.

Keep their rooms well aired and not too warm, especially at night. Break the increasing monotony of diet, usual in the country, as the winter wanes, with occasional fresh meats, vegetables, greens, and with other enlivening food changes.

The breaking winter gives severe tests and added risks to the well-being of the old, but a large part of the dread and disaster of the season is due to the neglect and weakening of the old standard defences.

Probably no old-age manner of living ever equalled for balance and efficiency that of the early men and women of this country, who so persistently kept abreast of all weathers, and worked so much of the time outdoors.—Youth's Companion.

Health Notes. Vinegar and granulated sugar will stop hiccoughs. A glass of hot milk taken before retiring will induce sleep. Always have the food served to a sick person spotlessly clean and fresh. White of egg for an invalid may be mixed with lemon, orange or grape juice. Salt sniffed into the nose in the early morning, and the mouth, then washed out with warm water, cures catarrh.

If you are ever obliged to sit with wet feet, take the precaution of a hot bath at night with a little turpentine and green soap in the water. Sitting in a chair or reclining on a lounge is not the most certain position, though it does ease certain portions of the anatomy. But why leave others strained? If a person must stand much, the best rest is obtained by lying for a few minutes on the back, with the feet higher than the head. This eases strain on the over-taxed leg muscles and those of the feet also.

HAND SEPARATOR CREAM. Patrons of cream gathering creameries frequently complain of the variations which occur in the percentage of fat as revealed by the test of the cream delivered from time to time. These variations have given rise to more or less dissatisfaction on the part of the patrons, and have been the cause of unnecessary friction between them and the managers of creameries. A series of tests and experiments bearing on this point have recently been completed by the Branch of the Dairy and Cold Storage Commission, at Ottawa, and the results obtained are published in Circular No. 14 of that Branch. It is desirable that creamery patrons should know the results of these experiments. Managers of creameries may apply for and secure from the Publications Branch, Department of Agriculture, Ottawa, sufficient copies to supply each patron. Individual copies will be sent to those who apply for them.

There are 20,000 different kinds of butterflies.

THREE NEW BRITISH LIEUTENANT-GENERALS



SIR ARCHIBALD MURRAY Chief of the Imperial Staff at Army Headquarters, London. SIR WILLIAM BIRDWOOD who is in temporary command of Gallipoli Peninsula. SIR WILLIAM ROBERTSON Chief of the General Staff.

THE BOX COAT.

Pleasing Variety in Sleeves.

The wealth of artistic and smart ideas in afternoon and street frocks this season, while fascinating, is somewhat bewildering, too. Of course the chief features are the same, this is out of respect to Fashion's dictates, but there are any number of ways that one may vary these details effectively to meet the demands of one's personality. Fashion shows are becoming as popular with women in general as any smart social event. The dainty mannequins wear the clothes as if to "The Manor Born," and perhaps a bit more gracefully.

Since the first showing of fall and winter fashions there has been much discussion as to whether the regulation tailored suit with normal waist-line, snugly fitted, would dominate; at first it seemed as if it would, but since then there has been a decided change toward the loose, belted models, unbelted coats with a half suggestion of waistline, or stranger still, no waist at all, a return in short to the box coat.

These box models are now very smart, indeed; they appear in tailor-made suits, separate coats and fur coats. Most of the fur coats, in fact, show the box back, even if the front of the coat is belted.

The effect of these unfitted coats is a bit more youthful than the fitted lines, which demand beauty and grace of figure. The French woman appreciates the line that is most becoming to her figure, and in most instances this is the straight line.

Among the new frocks and suits there are, too, boleros and Etons that are really quite charming. These also are becoming to the average figure.

One seen at a recent fashion show was of gold lace, combined with black charmeuse; it was on an afternoon frock, and was simple to a degree, but unusually attractive. Another of dark blue serge was made with square cut yoke, back and front, to which the lower portion of the Eton was gathered, forming a soft, full line across the bust, being drawn snugly in at

the round length evening frock for dancing, and approve of its comfortable common sense, but the formal dinner frock, with its slinky, pointed train, and its extremely short front is somewhat disconcerting. One unusually striking model exhibited lately, developed in a wonderful brochure of Bianchini's, was made with one of these extremely short skirts and a long, pointed train; although rich and wonderful, the gown was startling

Fashion Hints

Gossip on Winter Models.

It is to the period of the second empire that the notable dressmakers have gone for inspiration for the winter models. One great couturiere has gone even further back and has revived the redingote. In this connection it is interesting to note that he is the grandson of the man who created the redingote for Louis Philippe, a coat that a few years later represented the smartest attire for the Parisiennes of that day. In its newest form it gives to the figure the small waist effect; the skirts, however, are wide, with gathered panels at the sides. Many original touches are introduced in the arrangement of the revers, collars and other minor details. Fur is extensively employed for decorative purposes. The cuffs are hemmed with it and so are the many varieties of the choker collar.



A Krimmer Trimmed Serge.

and decidedly bizarre in effect. Much of the grace of the gown is sacrificed with these skirts.

There is a wide choice in style of sleeve for both house and street costume. The later models show a pronounced use of the sleeve set into the armhole with gathers. At present the sleeve, with a slight exaggeration of fullness at the elbow and over the hand. The flare is decidedly modish, and there is almost no limit to the width of the flare. Slashings, trimmings, contrasting godets, and panels, are details of the new cuffs; and the very narrow hand cuff to the gauntlet, which reaches to the elbow and even above, leaving one to wonder when the cuff begins and the sleeve ends. Do these cuffs and gatherings predict, perhaps, a return to the big sleeves with their inside ruffles and the cuffs may be of some years ago?

Patterns can be obtained at your local McCall dealer, or from The McCall Company, Dept. W., Bond Street, Toronto, Ont. 210.

A NEW IDEA FOR RED CROSS FUNDS.

In this, the 16th month of the war, it seems an impossibility to think of any new way by which to add to the Red Cross funds. Picnics have been held, concerts given, fortunes told, tags sold, innumerable other money-making devices put into practical execution, so that the ingenuity of Canadians has been put to the severest of tests. It has remained for Mr. Henry Pearce, of Victoria, to suggest an original idea. Mr. Pearce, in delivering a recent Red Cross speech, stated that many thousands of people possess many superfluous articles of convertible monetary value, such as pictures, jewels, furniture, china, curios, books, glassware, which they would be pleased to donate to the Red Cross. His suggestion is that the Red Cross everywhere hold a series of "Superfluous Sales," which, if run on proper business lines, with some popular effects of auctioneering, would bring large sums of money into the Red Cross coffers.

This seems on the face of it an excellent idea. It would turn property which no one would grudge into wealth which the Red Cross could use. The contributors would assist the Red Cross without cost to themselves and the buyers would secure bargains. It is certain, indeed, that the Canadian Red Cross, with its steadily increasing responsibilities, can make good use of any increased revenue.

Parent—"What is your reason for wishing to marry my daughter?" Young Man—"I have no reason, sir. I am in love."

When elephants are in the vicinity of tigers, they beat their trunks on the ground.



The Rainbow.

"Oh come, mother, come! It's so beautiful!" cried Tiny-tot, as she looked from the window with shining blue eyes. Mother smiled and hurried to look where Tiny-tot's chubby finger was pointing. There, way up in the sky,—red, orange, yellow, green, blue, indigo, and violet,—hung a rainbow. "O mother, I never saw anything so wonderful! It looks like a bridge in fairland. What is it? Where did it come from?" Tiny-tot, quite breathless from her tumbled words, looked up, round-eyed, into her mother's face. "Well, Tiny-tot," and mother took her on her lap, "long long ago the little raindrops and the dancing, merry sunbeams used to play together in the sky. They were content and loved one another very dearly. They used to play hide and seek round the clouds, and sometimes they would come down to earth together. The little raindrops would softly bathe all the gentle flowers, and to laughing sunbeams would slip up and dry the bright flower faces with their light fingers. The rain-drops would whisper beautiful stories to all the blossoms, and give them a sip to drink when they were thirsty, and the sunbeams would warmly caress every little bloom. When they found a wee green bud that longed to become a lovely flower, the sunbeams would smile upon the bud, and then it would turn into a blossom.

"So we shall!" So we shall! joyously cried Red Rose, Marigold, Buttercup, little Green Vine and Violet. "The next time Sunbeam and Rain-drop came out together, everyone on earth who looked up into the air saw a gleaming fairy bridge springing from the earth in a broad arch across the sky. "Look! they cried. "How beautiful is that shining bridge of color! It makes us want to love one another more, and never, never, never to quarrel. Because it appears only when the rain is falling and is built by the sunlight with the colors of many flowers, we shall call it a rainbow."—Youth's Companion.

INSURANCE CLAIMS HIGH. War Has Cost British Companies Over \$27,000,000. It is estimated that the war has cost the insurance offices in the British Empire more than \$27,000,000. This is made up as follows: British life offices... \$14,000,000. British industrial offices... 4,352,650. British friendly societies... 2,500,000. Canadian life offices... 3,500,000. Australasian... 2,000,000. Dependancies... 1,000,000. Total... \$27,352,650.

more than a month ago. The largest office in this group, the Prudential, has lately been paying claims at the rate of \$60,000 a week, and at present its total war claims amount to close on \$2,500,000, while others have paid as much as \$15,000 a week. As for the life offices, it must be borne in mind that they cater only to the wealthier classes, and the claims they have been called upon to meet include one for \$500,000 and several for \$250,000.

Different Now.

"Before we were married you always gave the waiter half a dollar," she said. "Yes," he replied sadly. "Before for the industrial offices their claims for now number 46,000, which is 4,000 dollars to give."

The Most Popular Deities

The First is the Golden Calf; the Second is Force; the Third is Intellect. "They feared the Lord, and served their own gods."—II Kings xvii, 33. Thus the historian, with a dash of irony that bites like vitriol and with a stroke of the pen that depicts the religious life of a people. By this brief but terrific arraignment he brands them as a nation of double faced idolaters. Those degenerate sons of godly ancestors, while they feared the Lord—that is to say, while they worshipped Him according to the established forms and ritual—did in reality enter into religious alliance with their heathen neighbors whose creed was less narrow, less exclusive, more realistic, more tolerant of certain habits and practices that were forbidden by their own Mosaic law. They prayed as Jews but they lived as Pagans. Their creed was that of the children of Jehovah, but their conduct was that of the children of Jove.

Culture and Barbarianism. Still another deity whom it is fashionable in these days to serve is Intellect. Men fear and in a perfunctory way worship Him who is the giver of every good and perfect gift, but they serve and put their faith in intellectual attainment and achievement, and they cherish the delusion that the greatness of their knowledge, that the grandeur of their intellect, they seem to be blind to the fact that knowledge is at the best only a weapon which may be wielded by a sinner as well as by a saint. The whole world is indebted to the Germans because of the results of their scientific research. Their achievements in this respect have enriched the other nations, who have not been slow to own the primacy of that people in various departments of scientific knowledge. But the civilized world has no obligation to offer to knowledge which transforms itself into asphyxiating gases and inflammable liquids and Zeppelin and undersea boats for the poisoning and the murder of innocent women and children. If this be culture, give us barbarism. The nation which rules in science but rules out ethics, which rules in culture but rules out conscience, which rules in Thor but rules out Jesus, invites doom. Thou shalt worship the Lord thy God—the God of justice and mercy, righteousness and truth, and Him only shalt thou serve.—Rev. Thomas R. Macleod.

Keep the Feasts and the Fasts, compliment the preacher and pay their respects to the old God, but their thoughts are afar off on the high place or the grove where their favorite deity is installed. To be rich and increased in goods, to fare sumptuously every day, to ride about in liveried elegance, to occupy a still larger space in the social firmament—this is their ambition. A second deity which men serve while professing to worship the true God is Force. This God has uttered a new and flattering benediction—blessed are the strong, for they shall inherit the earth. Under his supremacy only they who can smash through all resistance, only men of blood and iron, are fit to survive. The dominions of this deity are wide, but he has set up his seal of government in Prussia for the present